



Heart Walk®

WHAT

2013 Big Bend Heart Walk
Non-Competitive 3-Mile Walk/Run
(1-Mile Red Cap Route Available)

WHEN

Saturday, September 28, 2013 RAIN OR SHINE

WHERE

Tom Brown Park

TIME

Donation Turn-In & Team Photos at 8:00 am
Festivities begin at 8:30 am
Walk begins at 9:00 am

WHY

Encourage people to take steps toward a heart healthy lifestyle while raising funds to fight heart disease & stroke in our community!

Please join our 2013 Chair, Bob Gabordi, Executive Editor at the Tallahassee Democrat, and all of the companies and volunteers that support the mission of the American Heart Association to build healthier lives, free of cardiovascular diseases and stroke.

PLEASE REGISTER AT:

www.BigBendHeartWalk.org

For additional information, please contact the Heart Walk Team at:

PHONE (800) 257-6941 x 6088

EMAIL gsaTallahassee@heart.org

SHARE YOUR STORY!

Did you know that you can help save lives simply by sharing your experience with others?

The American Heart Association needs your help to inspire our community through your SURVIVOR and LIFESTYLE CHANGE testimonials. If you are interested in sharing your experience of why you walk with the American Heart Association, please email us at gsaTallahassee@heart.org. Your hurdles, recovery and behavior change can truly impact the Heart Walk and heighten awareness.

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